



What Does a Nutrition-Sensitive Project Look Like?



Nutrition-Sensitive
Design Workshop
March 31, 2015





Delta 3 Programme

- **Component 1:** Strengthening smallholder farmers in the rice value chain
 - **Outcome 1:** Farmers gain increased income from the sale of rice.
- **Component 2:** Access to new off-farm economic opportunities for landless/poor households
 - **Outcome 2:** Landless and vulnerable households diversify and increase income from non-farm employment and economic opportunity.
- **Component 3:** Improved nutrition
 - **Outcome 3:** Rural households have improved nutritional outcomes (stunting rates of young children are reduced)
- **Component 4:** Increased resilience of the most vulnerable households
 - **Outcome 4:** Rural households are less vulnerable to shocks and stresses





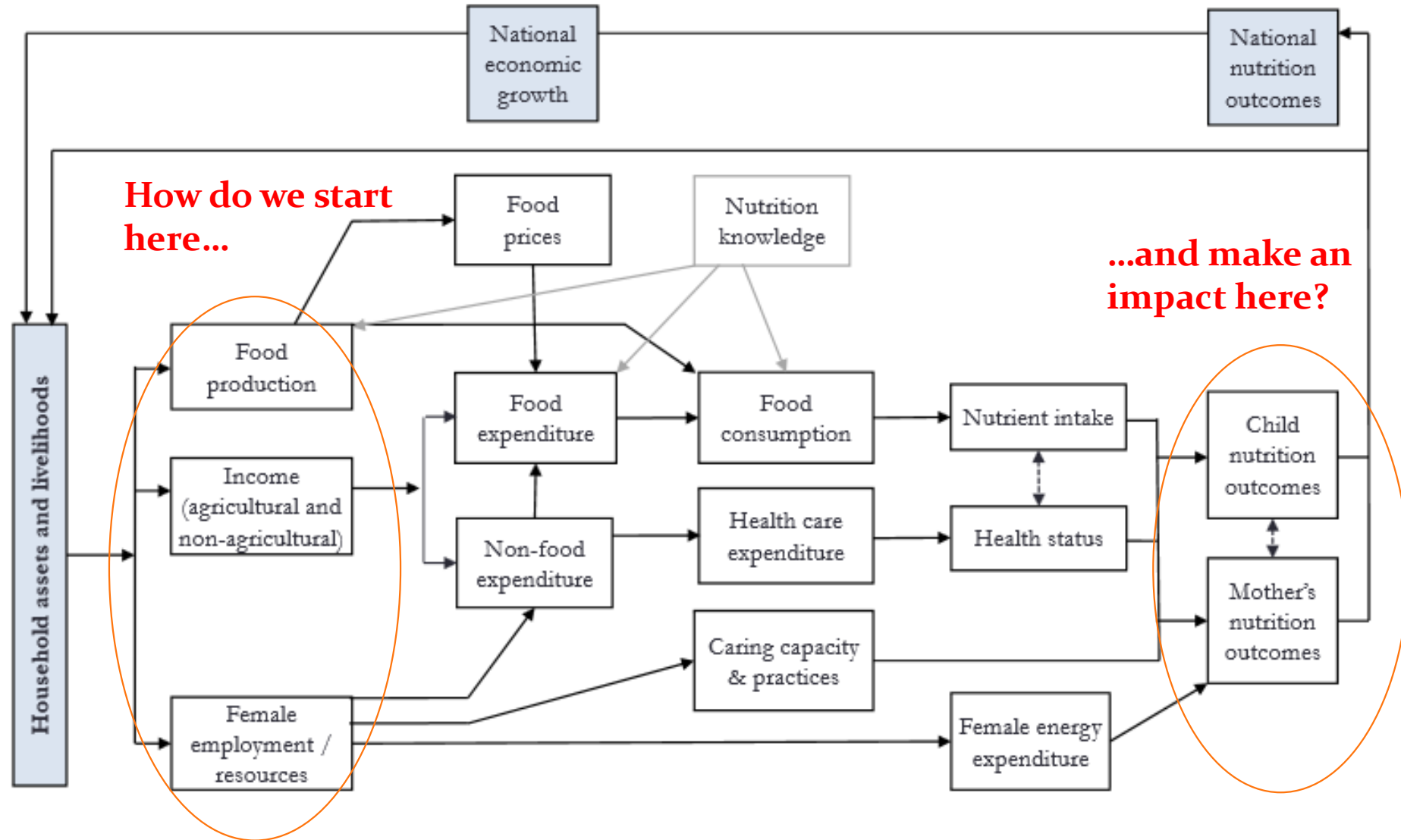
Delta 3 Programme

Component 5: Support for pro-poor policies and stakeholder coordination

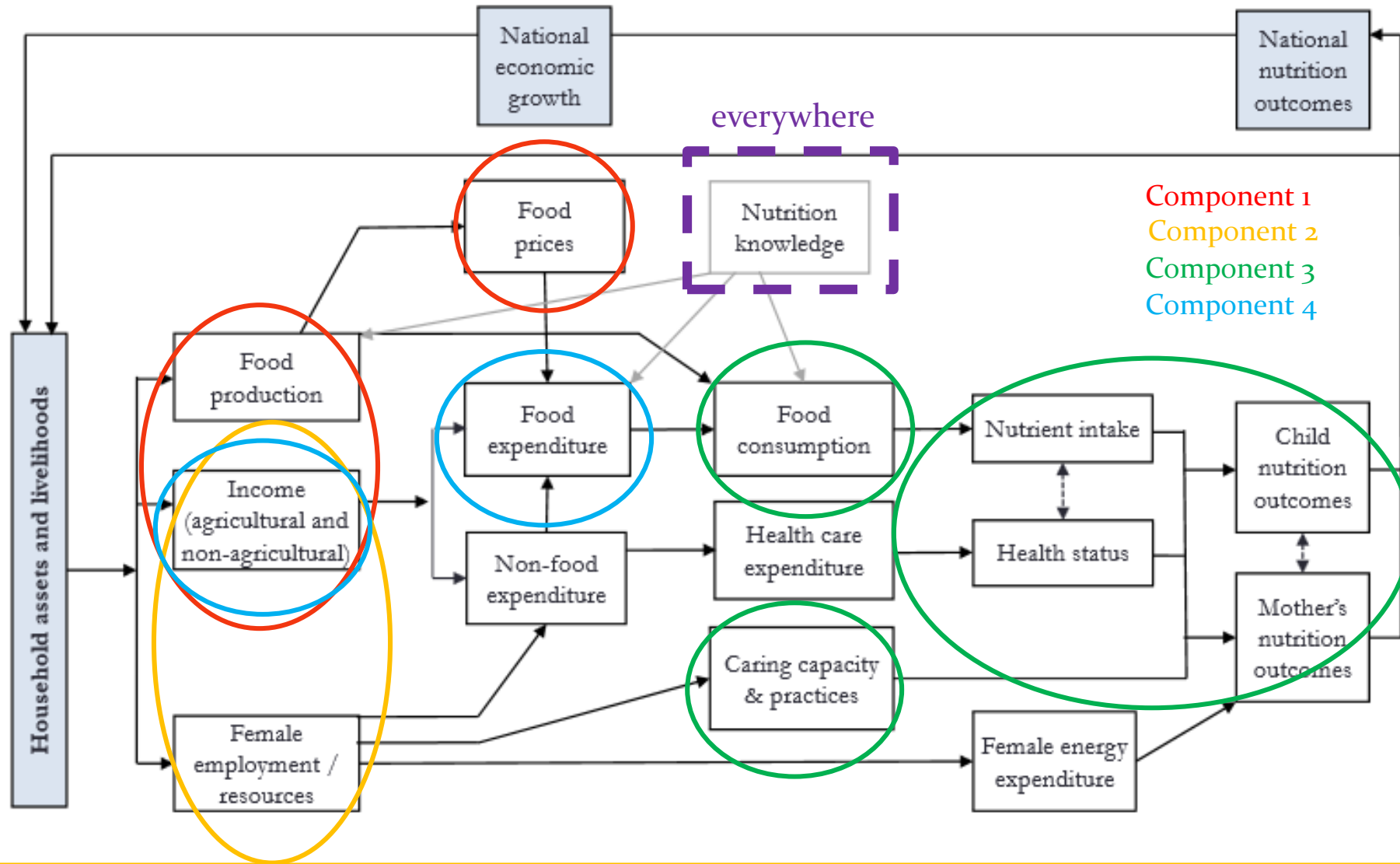
Outcome 5: Rural economic growth and increase livelihood opportunities for the poor are stimulated by improved government policies and expenditure.



Pathways from agriculture to nutrition



Pathways from agriculture to nutrition



Nutrition-Sensitivity

Nutrition specific interventions that address the immediate causes of undernutrition have been estimated to be effective at addressing only 20% problem.

Therefore (**nutrition-sensitive**) interventions that tackle some of these underlying causes are thus an essential part of the response to tackle 80% of the problem.





Nutrition-Sensitive Design: Key Considerations

- **Assessments:** Do we know what the nutrition situation is in our project area?
- **Targeting:** Do our target groups include the most nutritionally vulnerable?
- **Nutrition Objectives:** Does our project include nutrition in its goal and objectives?
- **Maximizing Impact:** Can our project improve nutrition outcomes?
 - If so, how? If not, can modifications be made?
- **Do No Harm:** Can our project have negative consequences on nutrition outcomes? If so, how can we mitigate them?
- **Linkages:** Are we linking with other health/nutrition hygiene projects in the area?



Targeting – *Identifying vulnerable groups*

Critical window of opportunity

- **“1,000 days” from conception to 2 years**
 - Period in which good nutrition and healthy growth have lasting benefits through life
- Undernutrition during these 1,000 days will cause irreversible damage to future development towards adulthood



Targeting – *Identifying vulnerable groups*



“Empowerment and inclusion of women should be a central and cross cutting theme.”

IMPORTANT TARGET GROUPS:

**Pregnant & Lactating Women
and Children under 2 Years (HH)**

Also:

- Children under 5 years
- Women of reproductive age

Other vulnerable groups?

Targeting- *Identifying vulnerable groups*



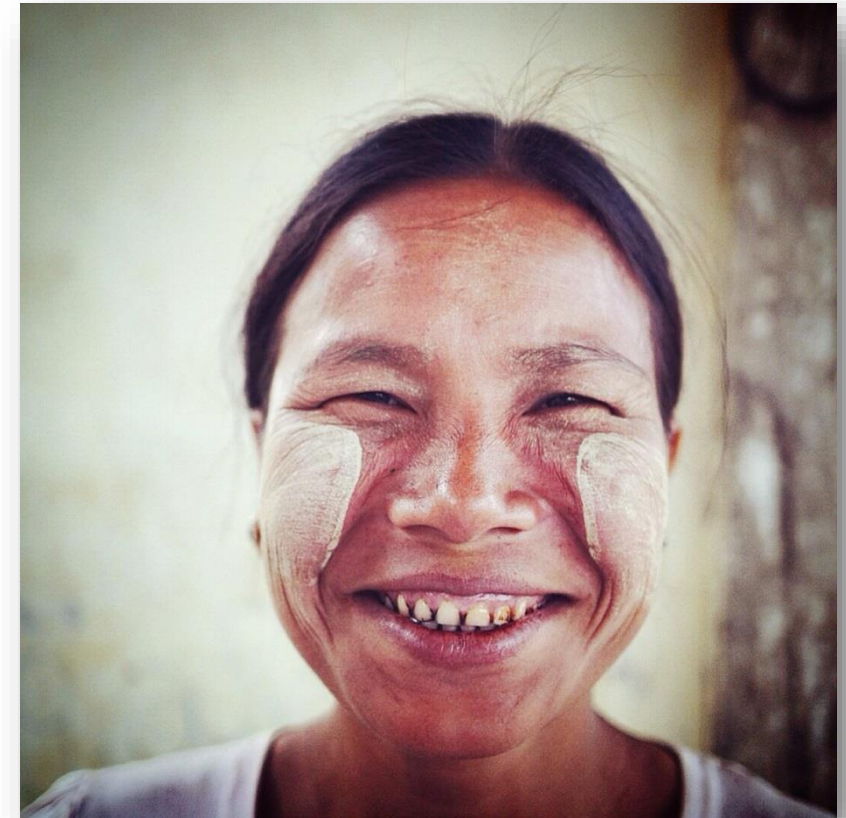
- Why women?
 1. Primary caretaker
 2. Increased nutritional requirements (pregnancy & lactation)
 3. Reduce their own consumption as a coping strategy
 4. Often the main decision maker on food & domestic expenditure

Women play a key role as the gate-keeper of HH food security, health and nutrition



Consider the context....

- A gender assessment... revealed that **women are most affected by hunger and food insecurity** as traditionally women have the duty of feeding the family. When they do not have sufficient food, women **reduce the quantity and quality of the food they eat**. Additionally, women beg for food from neighbours and relatives if required, **undermining their social status** and self-esteem. (LIFT Gender Strategy– August 2012)



Gender Issues Survey Report in food security project implemented in Mawlamyinegyun and Hlaing Bone areas by Save the Children, May 2010

Nutrition Objectives

- Nutrition/dietary objectives should be explicit
- Monitor objectives to determine if having **positive** or **negative** impact
- Include relevant & realistic indicators



Maximizing nutrition benefits of FSL interventions



- Can our project improve nutrition outcomes?
 - If so, how? If not, can modifications be made?
 - **Targeting:** nutritionally vulnerable
 - **Do No Harm:** Mitigate negative consequences
 - **Linkages:** with other health/nutrition hygiene projects in the area

Maximizing nutrition benefits

- Facilitate production diversification
- Increase production of nutrient-dense crops and small-scale livestock
- Promote consumption

Diversified production systems enable:

- ✓ resilience to climate and price shocks
- ✓ more diverse food consumption
- ✓ reduction of **seasonal** food and income fluctuations
- ✓ greater and more gender-equitable income generation



Consider the context

Micronutrient deficiencies in nutritionally vulnerable populations in Myanmar:

- Iron (deficit → anemia)
- Vitamin A
- B₁ (deficit → Beri beri)
 - Excessive consumption of white, polished rice (insufficient diversity)

(Data from MICS 2009/2010)



Consider the context...

- “Where water is available in the dry season, small scale home gardening may play an important role for family nutrition as well.” (LIFT Delta 3 Concept Paper)
- “Farmers are mostly rice-based with a limited level of diversification.” (Delta 3 Programme Framework)



Keeping in mind: “Be appreciative of the political economy of rice in the Delta” (see Component 1 and References).

Maximizing nutrition benefits

- Expand markets and market access for vulnerable groups
 - marketing nutritious foods (promote nutrient content)
 - innovative promotion (value addition)
 - access to price information
 - use of extension services and farmer associations)



Maximizing nutrition benefits



POST HARVEST

- Improve processing, storage and preservation
 - to retain nutritional value, shelf-life, and food safety,
 - to reduce **seasonality** of food insecurity
 - to reduce **post-harvest losses**

Maximizing nutrition benefits

- Wild foods sale (frogs, eels, watercress, edible flowers)
- Poultry/egg production
- Integrate nutrition & business/vocational training
 - snacks from healthy foods (nutritious fish crackers, peanut butter)
- Mobile vendors selling seeds or nutrient dense foods

NON-FARM EMPLOYMENT



Maximizing nutrition benefits

- Incorporate nutrition promotion and education (IYCF, hygiene, maternal nut.)
- Build on existing local knowledge, attitudes and practices
- Be aware of taboos (esp. for women the first 45 days after birth)
- Increase demand for nutritious foods



REMEMBER!

“Nutritional education should be embedded in all projects with special attention to pregnant and breastfeeding women (the 1000 day window).” - Delta 3 Concept Paper, page 11



Maximizing nutrition benefits

- Educate “groups of influence”
 - Husbands
 - Mothers in law
 - Grandmothers
- Work with them to become *supporters and champions* rather than *barriers* to positive health & nutrition behaviors

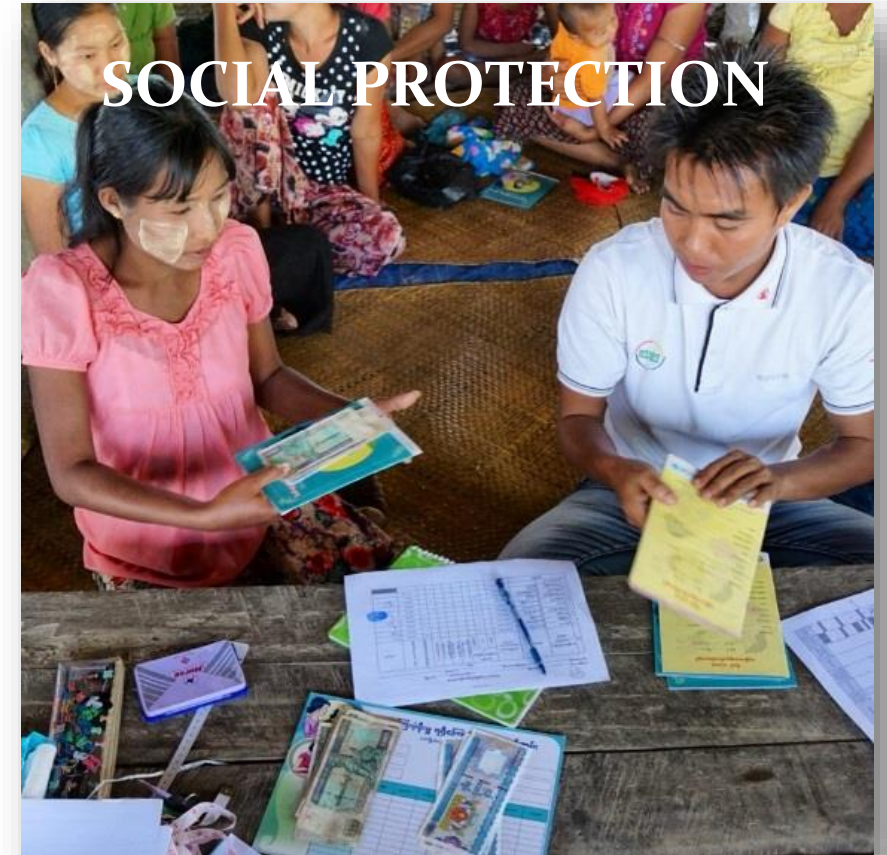


NUTRITION PROMOTION & EDUCATION

Maximizing nutrition benefits

- Increase women's access to financial resources
 - Employment, IGA, Production
 - Savings
 - Cash transfers (can be conditional in relation to nutritional objectives)

Increases in women's income are more strongly associated with improvement in the health and nutritional status of their children



Maximizing nutrition benefits



- Explore water-harvesting or irrigation strategies for year-round gardens (e.g. hydroponic, drip irrigation, etc.)
- Improve water quality/access
- Training on treatment and water storage methods
- Provision of water filters
- Train participants on construction of tippy taps for hand washing
- Educate participants on **good hygiene behaviours**, especially hand washing and food hygiene



Consider the context...

- Surface water is the main source of drinking water for 87% of households in the Delta
 - Dry Season: Open ponds, rain water tanks and tube wells
 - Most households use cloth filtration (inadequate method of water purification).
- Water scarcity: March to May
- **60% of HH using unprotected water sources over the whole year.** (WFP 2014)



“Previous programmes in the Delta have not included WASH activities, but LIFT’s new strategy stresses their importance alongside nutritional education and other nutritional activities.” (Delta 3 Concept Paper)

Do No Harm

- FSL interventions have the potential to negatively impact on food security, well-being, health and the nutritional status of beneficiaries



Do No Harm

- **Identify potential unintended, negative nutritional effects** prior to the intervention and develop **mitigation plans** to control these

Consider women's workload, child care capacity and decision-making power in program design



Linkages

- Collaborate with health/nutrition projects
- Create linkages between local health workers, midwives, agriculture extension agents, etc. and project beneficiaries
- Nutrition focal points





Linkages

“There is no obligation to submit a proposal in partnership with another organisation, however LIFT encourages applicants to look for the right mix of expertise and to ensure that their team includes sufficient relevant experience and builds as much as possible on existing linkages with local communities, government departments, private sector, etc. **Partnerships will be particularly relevant for supporting LIFT’s nutrition outcomes.**”

– Delta 3 Call for Proposals



Assessments

- Does nutrition data already exist that can help in designing program?
- If not, how, where and what do we collect?
- What information will we want to compare at baseline and final evaluations?





Assessments *Some examples*

DIETARY DIVERSITY

Individual Dietary Diversity

Women's Dietary Diversity: Mean number of food groups consumed by women of reproductive age

Average Household Dietary Diversity

Food Consumption Score

FOOD SECURITY

Months of adequate household food provisioning (MAHFP)

Household Food Insecurity Access Scale

Household Hunger Scale

Cost of diet

Assessments

Focus groups and key informant interviews

Gathering qualitative info on

- *Foods produced*
- *Purchased*
- *Consumed*
- *Dietary habits & taboos*
- *Women's workload*



Sample findings from Focus Group Discussions: Foods Women Avoid after Giving Birth



- Nga Lin Pan fish
- Nga Khu fish
- Nga Tan fish
- Nga Mee Tan Thwel fish
- Watercress
- Bitter gourd
- Roselle
- Eggplant
- Bitter leaves
- Kyaung shar fruit
- Dog fruit
- Okra
- Most vegetables
- Banana
- Guava
- Corn
- Lime
- Cucumber
- Radish leaves
- Long bean
- Lentils
- Pumpkin
- Moringa
- Beans
- Wild pigs
- Tortoise
- Frogs
- Rats
- Squirrel

Assessments

And don't forget!

- **Secondary data**
 - MICS
 - LIFT 2013 HH data
 - LIFT Delta data
 - WFP/SCI Dry Zone Survey
 - MIMU
 - More



Delta 3 Programme

- Proposals should align with LIFT strategic outcomes and outputs in the:
 - LIFT Strategy
 - Delta 3 Programme Framework

Also....

- LIFT gender strategy



Delta 3 Programme

“Proposed projects may contribute to one or a combination of the programme components and their respective outcomes. **Projects that integrate direct nutrition related activities (e.g. WASH and maternal cash transfers) are encouraged.** All projects must demonstrate their impact on food security.”

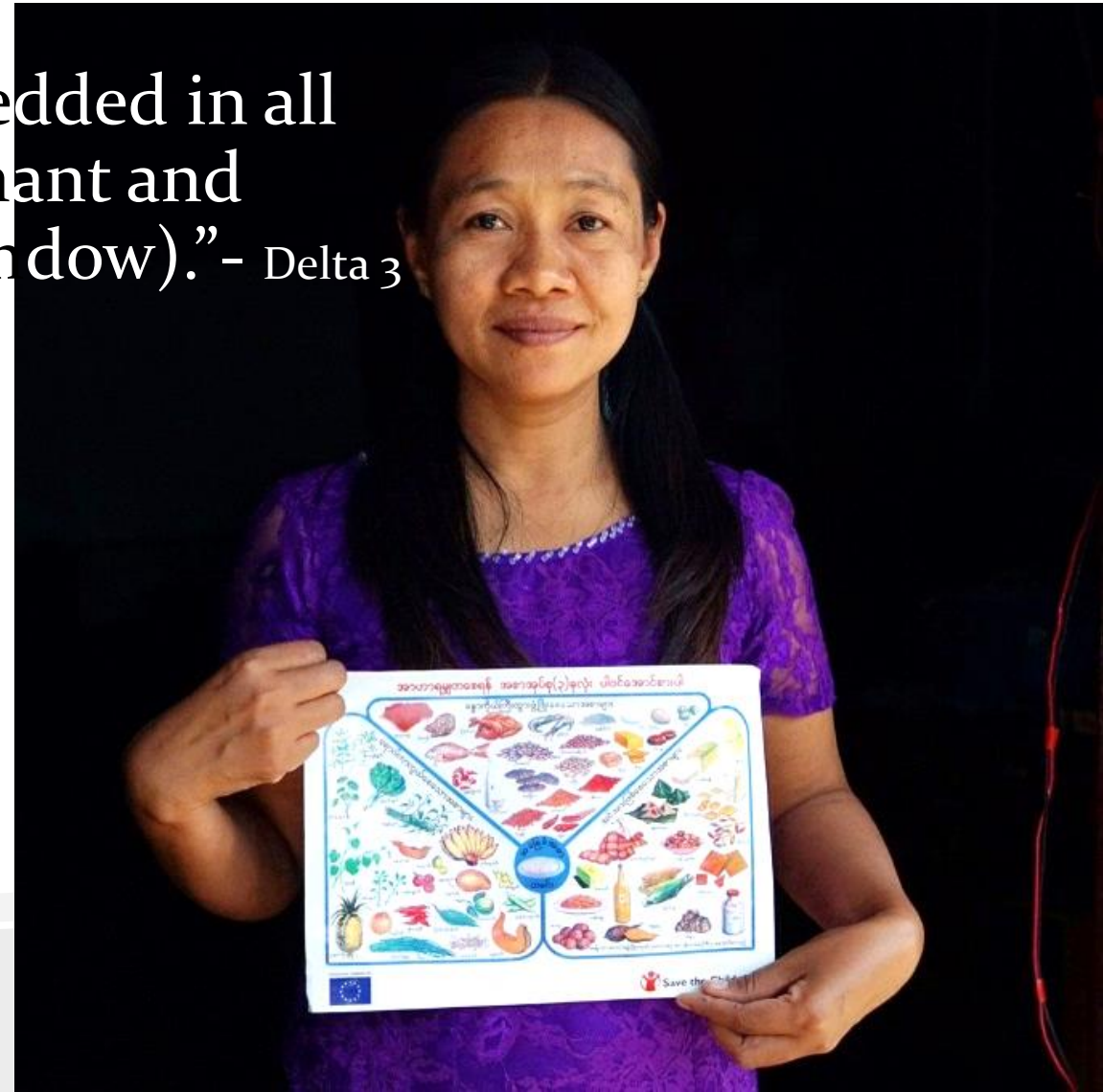
– Delta 3 Call for Proposals



Delta 3 Programme

“Nutritional education should be embedded in all projects with special attention to pregnant and breastfeeding women (the 1000 day window).” - Delta 3 Concept Paper, page 11

- Focus on WASH and nutrition outcomes
- Be informed by outcomes of the lessons workshops held with partners from the Delta I and 2 programmes





Delta 3 Programme



“Empowerment and inclusion of women should be a central and cross cutting theme.”

-Delta 3 Framework



What are the implications for new LIFT projects?

- Actions range from those with minimal budgetary implications to those that need to be included in planning phase
- Some additional budget could be needed for human resources and M&E
- Call upon LEARN! (Sign up for a meeting)



Nutrition Sensitivity in the Delta


GROUP ACTIVITY

Component 1: Strengthening smallholder farmers in the rice value chain

Outcome 1: Farmers gain increased income from the sale of rice.

- Smallholder farmers have sustainable and affordable access to quality rice seeds:
 - Sufficient and sustainable supply of quality seeds is provided for the most prevalent and best performing varieties;
 - Local seed growers are organized in associations and linked to the public and commercial seed system (see exclusions).
- Smallholder farmers make more profitable investments through access to extension and agricultural services:
 - Sustainable and mixed public-private extension and advisory services are supported;
 - Services are technically robust, readily available, customer oriented, and provide linkages to financial services, quality inputs suppliers, relevant and cost efficient mechanization options, and technical knowledge (e.g. for summer rice, etc.).





Component 2: Access to new off-farm economic opportunities for landless/poor households

Outcome 2: Landless and vulnerable households diversify and increase income from non-farm employment and economic opportunity.

- Landless and vulnerable households access new and more profitable off-farm employment and livelihood options through:
 - Support to productive activities with good marketing prospects and limited land requirement;
 - Skills, technical and business training;
 - Support household investment: start-up grants and linkages to rural financial services;
 - Support for small scale agri-business activities.
- Small fishers generate higher and more sustainable benefits from fisheries
 - Access to fisheries, processing activities, collective marketing, etc.;
 - Sustainable and responsible governance and collective management of wild fisheries.



Component 3: Improved nutrition

Outcome 3: Rural households have improved nutritional outcomes (stunting rates of young children are reduced)

- Improved feeding practices:
 - Nutrition education and promotion of exclusive breastfeeding, improved infant and young child feeding and caring practices, supporting small home gardens;
 - Maternal cash transfers to pregnant women, breastfeeding mothers and children under 2 years (the 1000 day window);
 - Increasing access to nutritious foods for pregnant women and young children.
- Improved hygiene practices:
 - Hygiene promotion and community sanitation services;
 - Technical support to village and township planning for WASH infrastructure.





Component 4: Increased resilience of the most vulnerable households

Outcome 4: Rural households are less vulnerable to shocks and stresses

- Diversification of household income from non-farm employment opportunities;
- Support to local community-based social protection systems and village social protection funds;
- Direct conditional cash transfers for households with vulnerabilities;
- Resilience mapping, village action plans and DRR plans are prepared to facilitate better linkages to local authorities and public services.



Thank you

